

## Coaching Tip Number 26

### Keys to Finding Your Genius by Jim Rohn

Coaching tips will give you a flavor for what coaches do in an active coach/coachee relationship. If you have others that you would like this tip to go to; you may send me their name and I will make sure they are added to the distribution list or you may forward this information yourself. For more information about coaching services at Marshall Space Flight Center you may contact Janie Moyers at 544-7552 or email [Amanda.J.Moyers@nasa.gov](mailto:Amanda.J.Moyers@nasa.gov).

**Change Your Beliefs.** It is up to you to do the work of changing your beliefs. When you do you will be opening up new worlds - literally! Winning the thought battle will help you keep negative beliefs out and positive beliefs and thoughts in. Feed your mind with information that will change your belief in a positive way. The truth is that you have an amazing mind with a tremendous capacity for learning that is beyond comprehension. You must believe this. And when you do, you will be unlocking the potential of your mind!

**Get the Right Knowledge.** Words--if they are not true--are meaningless. I hear children say, "I read it in a book." But is it true? Just because someone says it or writes it, doesn't mean it is true. As learners, we want to get the right knowledge, not just information or opinions. It is our job to seek out information and knowledge then test it and run it through our minds to see if it is true, and if it can be rightfully applied to our lives in order to make them better and help us succeed. We need to weigh and measure what we learn in order to gain the right knowledge.

**Become Passionate about Learning.** This will take some work, but the only way to do it is to begin learning about things that have an immediate impact in your life. When you learn about a new financial concept that helps you earn money or get out of debt; that will get you fired up. When you learn about a way to communicate that helps your relationships; that will energize you. When you learn about how to interact with your family in a healthy way and your relationships get better, that will inspire you! Become passionate about learning.

Finally **Discipline Yourself Through the Hard Work of Study.** Learning will take work. Until someone comes up with modules that can plug into your mind and give you instant access to knowledge, you are on your own, and that takes work. The process of learning is a life long effort. Yes, we can speed it up, but it is still a process of reading, listening, reviewing, repetition, applying the knowledge, experiencing the outcomes, readjusting, etc. Simply put, that takes time and diligent effort. Slowly but surely, when you discipline yourself, you gain knowledge and learn. And when you do, you will be unlocking the potential of your mind!

Learning is possible, no matter what your age. You are never too young or too old. Your mind was created to learn and has a huge capacity to do so. This week, make a commitment to unlock the potential of your mind! Research and learn three new things that you did not know previously. Verify or change one belief that is not serving you well. Spend one hour this week studying a topic that you do not know very much about to add to your learning. These goals are the kind of things that a coach might work with you to just help enrich your life a little more. You will do the study and the coach will hold you accountable.